

A"Breaded" Baked Fish³⁰

Number of Servings: 30 (127.55 g per serving)

Amount	Measure	Ingredient
8.00	lb	Fish, pollock, Atlantic, fillet, raw
1 1/2	cup	Flour, all purpose, white, bleached, enrich
1 1/2	tsp	Seasoning, lemon pepper
1 1/2	tsp	Spice, paprika, ground
1 1/2	tsp	Spice, onion, powder

Nutrients per serving

Nutrition Facts			
Serving Size (128g)			
Servings Per Container			
Amount Per Serving			
Calories 130		Calories from Fat 10	
			% Daily Value*
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 85mg			28%
Sodium 120mg			5%
Total Carbohydrate 5g			2%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 24g			
Vitamin A 2%		Vitamin C 0%	
Calcium 8%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

Fish of choice may be used depending upon availability, price and likes of customers.
Mix lemon pepper, paprika, onion powder and flour. Dip fish fillets in flour mixture to lightly cover.
Arrange 4 oz floured fish fillets on sprayed baking sheets. Spray tops with nonstick spray.

Bake at 375 degrees F for approximately 10 minutes for each inch of thickness, or until fish flakes easily when tested with a fork at the thickest part and internal temperature is at least 145 degrees (HACCP). Serve at 160 degrees F or hotter.

1 serving = 1 fillet

1 fillet = 5 grams carbohydrate = 0 carb servings